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Georgia Southern researchers work with at-risk youth in Bulloch County

October 9, 2015

The National Youth-At-Risk Center (NYAR) has awarded a research grant to two Georgia Southern University professors for a study titled “The Impact of CrossFit Intervention for Youth-At-Risk at the Boys and Girls Club of Bulloch County.”

In an effort to explore how an afterschool intervention program can impact middle-school-aged youth who have been identified as at-risk, Christina Gipson, Ph.D., assistant professor of Sport Management in the College of Health and Human Sciences’ School of Health and Kinesiology, and Michael Moore, Ed.D., professor of Curriculum, Foundations and Reading in the College of Education, will partner with the Bulloch County Boys and Girls Club and CrossFit Boro. In addition, Glenn P. “Trey” Burdette III, Ed.D., associate professor of Coaching Education and Charles “Hal” Wilson Jr., Ph.D., assistant professor of Coaching Education, will add their expertise to form a solid research team for the program called Crossfit Boro Prepared for Anything – Youth Edition.

The afterschool intervention program is expected to help children learn how to develop healthy habits, be aware of their own goals and motivations and enjoy new activities. The children will be monitored for changes in grades and body fat as indirect outcomes.

“The program is special because it aims to promote academic, social, physical and personal development through the vehicle of CrossFit, which is a mix of strength training, cardiovascular activities and gymnastic movements,” said Gipson.

For children to be eligible for CrossFit Boro Prepared for Anything – Youth Edition, they must be middle school age, attending the Bulloch County Boys and Girls Club and parents must be able to complete and submit required

documents. Participants will meet for an hour three times per week, for 12 weeks. Health assessments are completed for each participant with assistance from Georgia Southern’s School of Nursing.

“The program will be beneficial and change the mindsets of the students,” said Taylor Langley, a graduate assistant in the University’s College of Education.

During the program, which began on August 31 with 16 participants, children perform a variety of exercises, including squats, deadlifting, jogging, rowing, pushups and situps. The CrossFit program, designed by CrossFit Boro’s Kacie Lanier, M. Ed., will give the children a full-body workout.

Major sponsors for the program include Willingway, The Herb Shop and Neb Pros Nebulizer Company. The program also received sponsorships from Sea Island Bank, Ameriprise Financial, Patricia Moore APRN, Cristine Brinson and Charlene Gipson.

“We are grateful to any and all sponsors, and especially to Ryan Brack, owner of Crossfit Boro, since there is equipment not covered by the grant,” said Moore. “We’ve been able to buy jump ropes, training bars and will soon purchase mats for working out on the floor.”

Results of the research grant will be published in the *National Youth-At-Risk Journal* and will be available online at the Center’s site.

Follow the CrossFit Boro Prepared for Anything – Youth Edition program on [Facebook](#).

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